

## FdL COUNTY SENIOR DINING

1. ELIGIBILITY -all persons 60 years of age or older, or married to someone 60 years of age or older.
- NO person shall be excluded from participation in, be denied benefits of, or be subjected to discrimination on the grounds of race, color, creed, sex, national origin or their ability to pay.

2. REGISTRATION -Required at least one day in advance by 1:00 PM – either by signing up at mealsite or by calling:

**Fond du Lac** Courthouse 929-3937

**North Fond du Lac** Courthouse 929-3937

**Waupun** Senior Center 324-7930

3. CANCELLATION -Once you have registered for a meal, you are expected to attend. If you must cancel due to illness or an emergency, call the Senior Services Office at 929-3937. People receiving **MOBILE MEALS** may cancel by calling the Senior Services Office before 8:30 am the day of the meal. Those eating at a **MEALSITE** may cancel by calling the Senior Services Office before 1:00 pm the day prior to the cancelled meal.

4. COST -Mealsite – Suggested donation of \$3.00 or whatever amount you feel that you can afford for those 60 years of age or older, or married to someone 60 years of age or older.

-Mobile Meals – Suggested donation of \$3.50 or whatever amount you feel that you can afford for those 60 years of age or married to someone 60 years of age or older.

5. LOCATIONS	MEALSITE	ADDRESS	SERVICE	DAYS
FOND DU LAC	Riverview	101 Western Ave	11:45 am	M---F
	Portland Square	55 N. Portland	11:45 am	M---F
	Senior Center	151 E. 1 <sup>st</sup> St	11:45 am	M—Th
	Westnor	653 W. Arndt	12:00 noon	M—F
N. FOND DU LAC	Northgate	350 Winnebago St	12:00 noon	M---F
RIPON	Russell Manor	504 Russell Dr	11:45 am	M---F
	Willowbrook	615 W Oshkosh St	12:00 noon	M---F
WAUPUN	Senior Center	301 E. Main St	12:00 noon	M---F

Each of our meals contains 1/3 of the current RECOMMENDED DIETARY ALLOWANCE (RDA) as established by the Food & Nutrition Board of the National Academy of Sciences:

meat/alternative	3 oz. Cooked
vegetable/fruit	2 half cups
bread/alternative	1 serving
margarine	1 teaspoon
dessert	1 half cup
milk	1 half pint
coffee	optional